

Nutrition and Physical Activity Program

Goal:

To be recognized as the leader in obesity prevention in Arizona, resulting in optimal health for our citizens. The first two years will focus on capacity building with long-term project goals to include the development and implementation of a comprehensive statewide plan that focuses on improving the health and quality of life of Arizona residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition interventions. The main goals of this plan are to 1) promote and enable the citizens of Arizona to eat smart; 2) promote and enable active lifestyles in Arizona residents.

Program Components:

This program is comprised of coalitions and partnerships that helped to develop a state plan that was released in February of 2005. The plan includes professional education, public education and outreach, and is used as a roadmap for schools, communities, and worksites to implement healthy eating and physical activity interventions.

Funding Source:

The Arizona Department of Health Services was awarded funds by Centers for Disease Control and Prevention (CDC) for project year June 2003 through June 2008 for state nutrition and physical activity programs to prevent obesity and chronic diseases.

Target Audience:

It is clear that Arizona falls short of the Healthy People 2010 goals for obesity in children (11%) and adults (21%). It is important to continue programs to address childhood and adult obesity. Overweight and obese children and adults are at greater risk for developing related diseases such as diabetes, cardiovascular disease, stroke, and certain cancers. It is critical to direct efforts at the reduction of obesity through prevention programs.

For Additional Information Contact:

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